




CR's 25K Trail – November 2020



September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 1-2 Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 6x	2	3 The REID Loops with 6 Hills in a 1 Hour Run	4 BUILD 9K Build by 3K EZ, Steady, Push	5 6 <div style="border: 1px solid black; padding: 5px; text-align: center;">14K Long Run</div>	
7	8 Leg Speed 3K + 6 X 2 Min HD then 4 Min EZ	9 Hill Billy Rolling, Hilly Route of 10K	10 TEMPO 2K warm-up + 8K Tempo Run	11	12 13 <div style="border: 1px solid black; padding: 5px; text-align: center;">18K Long Run</div>	
14	15 H.I.I.T. 3K Warm-up + 11x45s HD 2:15 EZ	16 FLUSH 6K Flush Out Run	17 SPEED 3K Warm-up + 5 X 1K FAST!	18	19 20 <div style="border: 1px solid black; padding: 5px; text-align: center;">16K SPECIAL</div>	
21	22 ENDURE 3K + 5 X 4 Min HD then 2 Min EZ	23	24 PYLONS 10 Total Hills run in thirds/quarters	25	26 27 <div style="border: 1px solid black; padding: 5px; text-align: center;">22K Long Run</div>	
28	29 Fartleks 9K Run of Fartleks	30	A mind that is stretched by new experiences can never go back to its old dimensions.			
						

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October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 TEMPO 2K warm-up + 8K Tempo Run	2 EASY 6K Easy Run	3	4 24K Long Run
5	6 1-2 Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 6x	7 STEADY 9K Steady Run	8 SPEED 3K Warm-up 6 X 1K FAST!	9	10	11 27K Long Run
12	13 H.I.I.T 3K Warm-up + 11x45s HD 2:15 EZ	14	15 EASY 8K Easy Run	16	17	18 21K Quick Long Run
19	20 FLUSH 8K Flush Out the legs Run	21	22 STEADY 12K Steady Run	23 EASY 8K Easy Run	24	25 22K Long Run
26	27 BUILD 9K Build by 3K EZ, Steady, Push	28	29 Fartleks 8K Fartlek Run	30	31	1 12K Long Run

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3 STEADY 10K Steady Run	4 EASY 6K Easy Run	5	6 EASY 4K Easy with Accelerations	7	8 CR's 25K Trail Run!
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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